

THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

The recipe is provided below if you would like to recreate the meal.

Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 25 to 30 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.

Taco Casserole

**Ingredients subject to change based on availability.*

5 corn taco shells, broken in pieces (can sub with 1 cup broken tortilla chips)

1 pound ground beef or ground turkey, cooked

1 cup diced tomatoes (canned or fresh)

¾ cup onion, diced

¾ cup corn, canned or frozen

1 cup black beans, drained

1 cup salsa

2 cups shredded Mexican blend cheese

Optional toppings: Cilantro, shredded lettuce, sour cream

INSTRUCTIONS

1. Preheat the oven to 350 F. Spray a large casserole dish (9x13 inch) with nonstick cooking spray.
2. Cook the ground beef or ground turkey.
3. Mix the meat, black beans, tomatoes, salsa, onions and corn in a bowl. Add to the 9x13 inch dish and evenly spread out.
4. Sprinkle the taco shell pieces over the top.
5. Top with the shredded cheese.
6. Cover and bake in the oven for 30-35 minutes.
7. Let rest for 5 minutes before serving. Top with optional toppings. Enjoy!

CONVIVIVUM URBAN FARMSTEAD

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